



ORTHO BALITA



Official Newsletter of the Philippine Orthopaedic Association, Inc.

VOLUME I ISSUE NUMBER 43

QUEZON CITY

APRIL 2023



The Changing of Guards at the POA

It was the night of December 2, 2022, in a small but elegant hotel in Pasig City, where the ceremonial handover of the POA presidency took place. The POA presidential medallion was passed from the out-going president, Dr Frederic Diyco, to the in-coming president, Dr David Alagar, as a symbolic gesture of the transfer of power and responsibility. It was a simple and joyous occasion, without the usual pageantry of the past. In attendance were members of the Board of Trustees, some Past Presidents of the Association, officers of the Subspecialty Societies and Local Chapter Organizations, in-coming Fellows, and a few friends from the pharmaceutical industry.

Here are excerpts from Dr. David Alagar's inaugural speech:

So, ano po ang aasahan natin next year?

Definitely, we will now return to full FACE-TO-FACE meetings --- It is about time! (with the minimum requirements against COVID transmission).

We will resume our national and international engagements... these are necessary!

We shall continue with the good projects that we now have... and we have a lot!

But we will also start NEW UNDERTAKINGS, that I hope, will further advance the objectives of our Association.

First, we will get more involved in the NATIONAL HEALTH POLICIES.

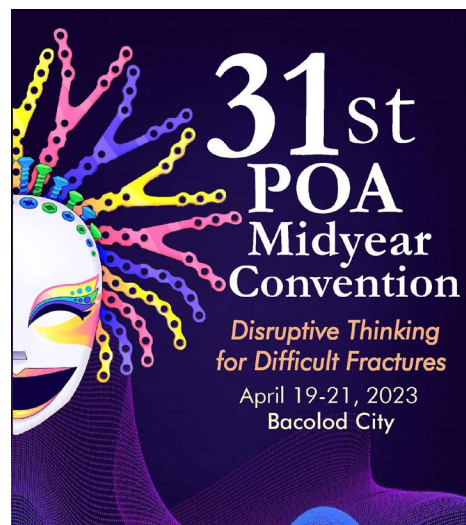
We will acquaint ourselves with the Universal Health Care Law, and the proposed Physician's Act... as they relate to us orthopedic surgeons, and to the POA, as a whole.

We will find out what is required of us, and what our role is in its implementation... and work on it. Second, we will explore new ways to RECRUIT more members for the Association, both FRESH & ESTABLISHED orthopedic practitioners.

This has always been a concern for years, getting less fellows, and losing the rest to the other societies.

Of course, we will not compromise our standards, we will just be more creative in its application.

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POA Midyear Convention Highlights.
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The Changing of Guards at the POA

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As a Golden State Warriors fan... I believe that "there is strength in numbers".

This will also make the POA presence more palpable in the countryside.

Third, we will start a LOCAL COMMUNITY PROJECT, to be co-sponsored with the midyear congress hosts.

This will be an ANNUAL activity, every time we hold a Midyear Convention. It will be geared towards Orthopedic Education, Training, and Services.

It will be our way of giving back to our community on a regular basis, and as part of our program towards the Universal Health Care objectives. And fourth, we will give our FULL SUPPORT for the promotion of QUALITY RESEARCH.



And there's no better way to start this, than reviving the Philippine Journal of Orthopedics IMMEDIATELY next year!

It will now be PEER-REVIEWED, and hopefully INTERNATIONALLY INDEXED in the coming years.

Good luck Dr David Alagar! You have our confidence and support!

- Michael Muñoz, MD, FPOA
POA Trustee

Getting More and Giving More

When you have more of something, you'll have more to share to others.

This year, Philippine Orthopedic Association has given this statement an interesting twist with a deeper impact and significance.

More than the usual "getting more training, education, and opportunities for advancement" for its members, and for society in general, the POA has set its sights this 2023 on "getting more involved in national health policies".

Having a good grasp of the details of the laws and its implementing rules and regulations will allow better planning and utilization of resources by stakeholders, including orthopedic surgeons. Specific laws in mind are the Universal Health Care Law and the proposed Physician's Act of 2023.

The POA started the year with an orientation of both legislations for its fellows, given by members of the staff of lawmakers, together with lead government agency

representatives involved in its creation and implementation. How will these affect my orthopedic practice? What is expected from me? How can I help in its implementation? These are just a few of the questions expounded on and given clarity during the activity.

At the same time, workshops and town-hall type discussions with PhilHealth were conducted related to the transition from an All-Case Rate system of reimbursement to a Diagnosis Related

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Getting More and Giving More

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Grouping method. All these activities were meant to maximize insurance fund utilization and improve access to treatment for Filipino patients with musculoskeletal disease or disorders.

Moving forward, the marching orders have been given to all subspecialty societies and local chapter organizations, to direct their activities and outreach programs to the "unserved and underserved communities" of the country. Fellows were encouraged to present themselves to the leaders of the local government units (LGUs), where they practice and work with them in the planning and implementation of effective programs related to orthopedic issues and concerns in their locality. Education of local health workers will be given more focus, especially on the prevention and early diagnosis, including treatment of mild and minor cases, as well as catching late-stage conditions that need referral to specialists for more aggressive and complex management. The Association will continue to collaborate with government and non-government agencies in the promotion and implementation of programs related to the universal and primary health care in the country.

The POA being more involved in national health issues and community service, will be in a better position to help more patients, in more remote locations. This will allow us to participate in the decision making of health policies and programs in our locality, and in the national stage as well. This is truly a testament to what



the Philippine Orthopedic Association stands for!

- David Limlingan Alagar, MD, FPOA
POA President

President's Corner: Planned Undertakings



POA and its Lead Role in the UHC

Last January 21, 2023, the POA sponsored a talk of the UHC at the Bayanihan Center of Unilab in Mandaluyong City. In attendance were the officers of the POA, the board of trustees, the different chapter presidents, sub-specialty presidents, and POA fellows who were on line via Zoom. Invited to talk was the healthcare expert Dr. Ofelia Alcantara. She has great credentials being a medical doctor, public health expert and a former mayor of a town in Leyte. The three hours given to Dra Alcantara however, was not enough to cover such a topic of wide range for the UHC. After the talk, there were still a lot of questions that lingered.

What is UHC?

The UHC Act was signed into law by President Rodrigo Duterte on February 20, 2019 or four years ago. It states that it is the policy of the State to protect and promote the right to health of all Filipinos and to instill health consciousness among them.

Simply stated, the basics of the UHC according to the DOH website are:

1. All Filipinos will now have access to a full range of health services - promotive, preventative, curative, rehabilitative, and palliative services, all for free to a certain extent. These will include medical, dental, mental and emergency health services.
2. All Filipinos have been automatically enrolled in the National Health Insurance Program. They will either be direct contributors--those who

can pay PhilHealth premiums, like employees, professionals, and OFWs--or indirect contributors, whose premiums will be subsidized by the government.

3. Everyone will be enrolled with a primary care provider of their choice. This provider will be the health worker who will be the first point of contact for an individual's health concerns.
4. Everyone will be entitled to an essential health benefit package, which will include medicines, diagnostic tests, and primary care.
5. Not everything will be for free, but PhilHealth will continue to cover basic services and basic accommodations. For example, basic accommodation like a hospital stay in a shared room with fan ventilation and regular meals will be covered; a private room with air conditioning and a TV will not be.
6. In case a patient might need to spend for care on top of basic services, the DOH will regulate this co-payment to ensure one will always know what to expect in terms of finances and will not be surprised by the amount of the bills.
7. PhilHealth will become the national purchaser of health goods and services, which means they will be in charge of paying for medical services given to Filipinos. People will no longer have to spend days filling up forms just to pay for health expenses.
8. There will also be structural changes. Provinces, rather than

municipalities, will be in charge of overseeing health services. Highly urbanized cities like the component cities of Metro Manila will manage their own health care networks, instead of individual barangays. This will make it easier to fund geographic areas that lack access to proper services.

These are lofty goals and need the cooperation and support of the entire country with health care professionals taking the leading role. But why is it not fully implemented yet despite the four years that have passed after the signing of the law?

Controversies

There are many challenges that face the implementation of the UHC law. Perhaps Senator Ralph Recto may have stated the problems best when he made a speech in the Senate. He said, "We may give every Filipino a PhilHealth card, but it is useless if there is no facility, they can present that card to for treatment. We may erect hospitals with gleaming glass and steel, but if there are no doctors and other health professionals who will staff and run them, then what we have built are white elephants. We have many modern curative facilities, but when the sick are continuously dumped on them because we have neglected the promotive and the preventative aspects of medicine, then we have failed to address the roots. We may have a cadre of health professionals scattered nationwide, but

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POA and its Lead Role in the UHC

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if drugs are expensive, then the road to wellness is blocked. We may have built a network of hospitals but if they are not constantly infused with funds, then they cannot function fully due to budgetary anaemia. The challenges are interrelated, linked together in one body politic. So, the cure must not be compartmentalized, but comprehensive. So, as I have said, this bill is a tapestry of solutions, composed of many threads."

Role of the POA

There seems to be a mismatch in the capacities of the LGUs and what the UHC Law intends to achieve. Therefore, programs that capacitate the primary healthcare provider and their multipliers, such as the BHW, should be an avenue to achieve the goals of the UHC law.

The government and private sector have to invest in making our local government units more competent to take on more functions that require a whole-of-government, whole-of-systems and whole-of-society approach. The public health experts of the DOH ought to take the lead and guide the stakeholders on what to do to make the UHC successful.

Our POA President, Dr. David Alagar has said during the meeting that we, the POA, are just aligning our program with the plans of Universal Health Care Law. He has asked the local chapter Presidents to create programs to serve the unserved and underserved communities because everybody should have access to quality orthopedic care and that the local chapters present themselves proactively to the LGU to lead in the planning of programs for better orthopedic care of the communities.

The POA has started, in its small way, to help the primary care multipliers through the Community Project of the WV Chapter. In line with the Bacolod mid-year convention, the local chapter,



headed by Dr. Kimri Jingco, will go to a barangay to teach the barangay health workers and improve their knowledge and skills on basic splinting. They will also educate them when to refer to a higher level medical facility.

Their objective is to capacitate the barangay health workers & provide logistics by providing tools for communication & refer patients thru teleconsultation. Target areas are those geographically isolated and deprived areas (GIDA); The 2023 POA Board of Trustees has approved a resolution

to make this a regular project every midyear convention from now on.

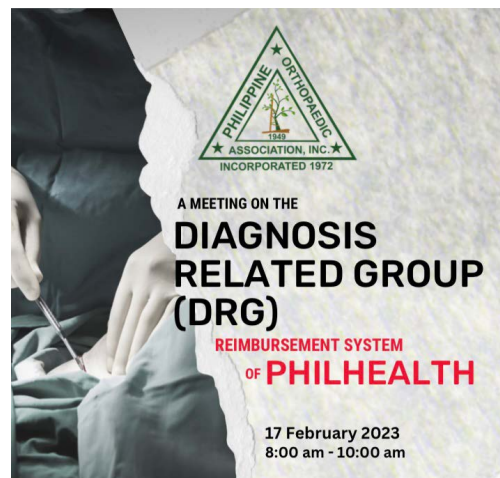
The challenges and obstacles that hinder the full implementation of the UHC are gargantuan.

We do not know if the Philippines can achieve the lofty ideals of this law, but the POA has to do its part.

- **Justinian Aquilino IV Cyril Pimentel, MD, FPOA POA Trustee**

President's Corner: Planned Undertakings

POA Hosts RVS to ICD9CM Validation



Last February 18, 2023, the POA invited the staff of the Standards & Monitoring Department Quality Assurance Group of PhilHealth to enlighten our members regarding the policy reforms the Agency is pursuing in its provider payment shift from All Case Rates to diagnosis-related group (DRG). Diagnosis-related group (DRG) is a classification scheme for patients, which provides a means of relating the type of patient a hospital treats (case mix) to the cost incurred by the hospital. The DRG provides the first system of defining and measuring a hospital's case mix complexity, or the resource intensity demands that patients place on an institution, as well as associated costs experienced by the hospital. With this, PhilHealth will be able to harness DRG's framework for monitoring the quality of care and the utilization of services to promote quality of care for patients while ensuring the sustainability of the Agency's fund. The DRG uses a grouper system or "grouper" to calculate payments for inpatient hospital stays by gathering information on medical diagnoses (ICD-10), procedures (ICD9-CM), sex, and the weight of neonates, discharge status, and the presence of complications or comorbidities. Last September 2022, the PhilHealth thru the support of the World Bank and Thai Case mix Center had a four-day RVS and ICD9-CM workshop on this policy. Currently, the Philippine code procedures uses the relative value scale or RVS. It is

important to map out the RVS to ICD9-CM for PhilHealth to adopt the Thai DRG grouper software.

The Relative Value Scale or RVS has been implemented since 1995 and was used as the basis for compensation of professionals. The physicians are paid an amount related to the procedure's complexity. RVS is a systematic listing of surgical, medical and diagnostic procedures and services, and their corresponding 5-digit code and Relative Value Unit (RVU). It is mostly lifted, with permission, from the Current Procedural Terminology (CPT) of the American Medical Association. RVUs are determined based on the difficulty of the procedures. Compensation is computed by multiplying the RVU by the peso conversion factor (PCF). Amendments to the RVS are continuously updated through PhilHealth Circulars.

The POA activity was organized by the POA president Dr. Dave Alagar and the Board of Trustees together with several members of Policy Research Standards Development Division of PhilHealth. The representatives of the different subspecialties of the POA attended the meeting. Several PhilHealth staff gave updates regarding the DRG namely: Ms. Abigail Estrada regarding the Inpatient Benefits from the DRG system; Dr. Reinard Francisco

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What is DRG?



A patient classification scheme which provides a means of relating the type of patients a hospital treats (i.e., its case mix) to the costs incurred by the hospital

DRG creates an effective framework for monitoring the quality of care and the utilization of services in a hospital setting

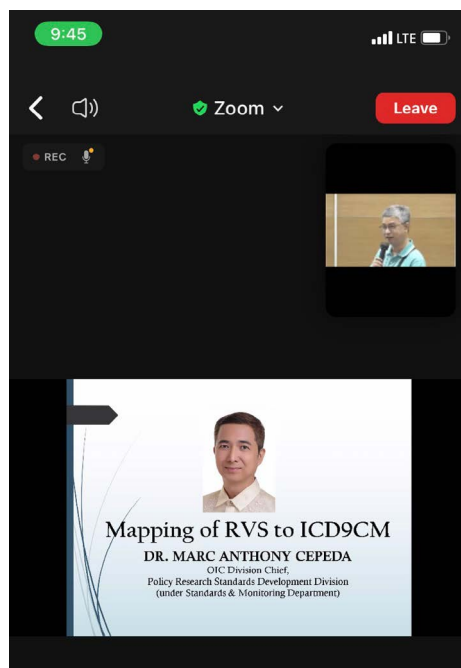
What is the purpose of DRG?



The development of the DRGs provided the first operational means of defining and measuring a hospital's case mix complexity.

From a payer's perspective, case mix complexity refers to the resource intensity demands that patients place on an institution.

Purpose of DRG: Relate a hospital's case mix to the RESOURCE demands and associated COSTS experienced by the hospital



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POA Hosts RVS to ICD9CM Validation

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regarding the update on DRG work and UHC related activities; and Dr. Marc Cepeda regarding RVS codes to ICD9-CM validation activities. Each procedure included in the present RVS code system was meticulously mapped out and validated into ICD9-CM codes by the different representatives of subspecialties of the POA. The validated ICD9-CM codes will be used as system "mappers" for the DRG pilot or shadow billing of live inpatient hospital data in chosen government and private hospitals by the second quarter of the year. An analysis of PhilHealth 2021 data and a/ its correlation with the Thai DRG grouper by DRG experts, showed that the Thai DRG grouper is enough to accommodate PhilHealth claims data with continuing IT refinements for the future Philippine DRG grouper. The POA supports the government UHC programs and hopefully with shifting from an RVS to ICD9-CM DRG system, there will be improved benefits for patients and claims for professionals.

- Alvin Amador, MD, FPOA
POA Trustee



Relaunching the Philippine Journal of Orthopaedics as an Internationally Indexed Journal

It has been 5 years since the last issue of our very own Philippine Journal of Orthopaedics (PJO) in 2018. A surplus of logistical issues halted the publication after its December 2018 issue, compounded by the lockdown of the Covid-19 pandemic, resulting in an unwanted hiatus for our very own journal. However, a good thing cannot be kept down for long. The 2023 Board of Trustees of the Philippine Orthopaedic Association, headed by the president Dr. David Alagar, recognizing the importance of a local and regional specialty scientific journal, moved

decisively to launch the revival of the PJO early this year. This is indeed a huge step in bringing Philippine orthopaedic literature back to the consciousness of our nation's practitioners. It was also my honor to have been asked, and to have accepted the post of editor-in-chief.

Knowing full well that the age of information is upon us and that knowledge travels borderless in a heartbeat across the globe, it is now the task of the nascent editorial board of the Journal to meet the global

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Relaunching the Philippine Journal...

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standards of international indices. After all, when was the last time any one of us did a literature search via the index medicus of the university library? It is imperative that the new edition go online and be included in the indices that are essential in extending the reach of our journal. The goal therefore, is a PJO with articles that are peer-reviewed, informative and accessible to the greater population. To achieve this, this relaunch should adhere to international standards both in content and in process. This is no small feat but with the help of our continuously booming research landscape, we can all achieve this. With this in mind, we invite everyone to submit their papers to the 2023 edition of our Philippine Journal of Orthopaedics. Let us all help put Philippine Orthopaedic Research on the world's virtual map!

For inquiries on how to submit, pls email philjorthopaedics@gmail.com

- Tammy Dela Rosa, MD, MMedSc, FPOA

| FIVE-YEAR PLAN | |
|----------------|--|
| Year | Goals |
| 2023 | Create editorial board, hire staff and invite reviewers Relaunch of journal to increase awareness and encourage submissions (POA & PBO) Publish maiden issue |
| 2024 | Polish processes, increase efficiency Publish 2 nd issue |
| 2025 | Maintain or improve processes Publish 2-3 issues Apply for DOAJ (Directory of Open Access Journals) indexing |
| 2026 | Publish 3-4 issues |
| 2027 | Publish 4 issues Apply for Scopus indexing |



CORÉ 2023

CORÉ or Council for Orthopedic Education was formerly called Orthopedic Education Council. Conceptualized in 2019 by then POA President Jerd Siatan, the purpose was to serve as a forum to 1) address strategic policies on orthopedic residency and; (2) address issues for continuing education for fellows.*

Through CORÉ activities, all training institutions would be provided with tools for orthopedic learning in addition to their institutional teaching methods.

The first activity initiated by CORÉ was in January 2020 through "Training the Trainers". It was a one day conference for Training officers and Department Chairmen.

For 2023, CORÉ has organized 10 monthly virtual and two face to face activities during the Midyear and Annual conventions. These year long activities were spread out to give more details per topic and allow more opportunities for discussion compared to 2020.

The POA will always support initiatives that will promote education, training, and opportunities for advancement in orthopedics, not only for our fellows, but also for the training residents who will be the future of our Association.

*Taken from article XIII, section 13.1b of the POA by laws

- David Alagar, MD, FPOA & John Andrew Michael Bengzon, MD, FPOA



President's Corner: Planned Undertakings



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POA Website Relunched

With the forethought of the value of online information, the POA through its immediate past president Dr. Frederic Diyco brainstormed the upgrading of the "new POA website" and maximizing its use.

Dr. David Alagar, the newly elected POA president, coherently carried out the idea of optimizing the operation of the website. It is the goal of the POA to deliver a new website that is more dynamic, informative and user-friendly.

The new website, orthophil.org, was relunched last January 2023; it displays the POA's activities, announcements, researches, education and other services. Similarly, it posts the clinic information of POA Fellows nationwide in the directory. The OrthoBalita newsletter, publications, other related news, announcements from government agencies, and allied medical associations will also be available in a click. Likewise, orthopedic conventions both local and international are publicized on the site.

One of the goals of any online or social media platform is to 'create traffic'; from the time orthophil.org was launched, we observed markedly increased visits on our new website, from roughly 300 visitors per year to more than 2,000 visitors in 90 days. Our webpage also became the top one search in google. Google statics also showed that, we are also visited by not only ASEAN neighbors but also by Western and European friends.

Although some parts of the website are still undergoing changes, particularly

the members' directory, we are currently working on it to address this. In the pipeline, the members' page is something to look forward to, this will provide ease of access to satisfy some of the POA Fellows' needs.

To make our website more engaging, we encourage all the subspecialty societies, local chapters and even orthopedic institutions to send us your recent programs, activities and pictures of events so we can feature these on our 'events page' in our website.

We also encourage each subspecialty society to put up their own website and link it with ours. This will make it more accessible to our fellows and to the patients as well.

Looking forward to serve you better through our new website: <https://www.orthophil.org/>

**- Michael Muñoz, MD, FPOA
Trustee-In-Charge
POA Website**



Google Analytics: Traffic Overview of POA Website Site Sessions for the past 90 days (as of 03-30-2023)

Google philippine orthopaedic association

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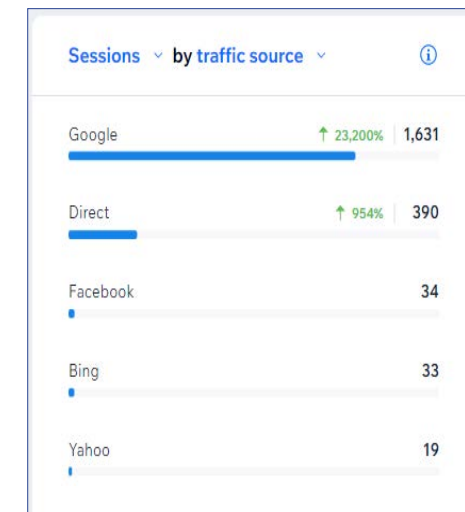
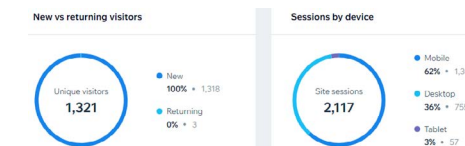
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Philippine Orthopaedic Association | Home Page

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President's Corner: Planned Undertakings

Serve the Unserved and the Underserved

Orthopedic care has always been confined to secondary and tertiary health facilities and is rarely available at the primary level, the first entry point of patients into the health system. Such disparity is quite evident in rural areas throughout the country. With the implementation of the Universal Health Care, access to health services, including musculoskeletal care, for all Filipinos has become of paramount importance.

To be relevant to this new health system, the POA takes the challenge in helping address this issue with special preference for the unserved and underserved communities. Through the fellows of the different chapters and subspecialties, the organization recognizes its capability to train and equip primary health care workers who can provide the basic care for different musculoskeletal conditions. Complications due to inappropriate or delayed treatment of musculoskeletal injuries, infections and tumors can therefore be minimized or prevented. Tumors and infections can be recognized early and can be promptly referred to higher centers. Such venture will however require an effective collaboration with the Local Government Units in its planning and implementation.

Envisioned to be a nation-wide activity, this project will first be launched by the POA-West Visayas Chapter as it hosts the POA Midyear convention in Bacolod this year. In coordination with the local government units, target barangays in the Panay province have already been identified. The project will include a one day training and workshops for barangay health workers on the following topics: recognition of bone and soft tissue injuries, basic splinting, recognition of common orthopedic emergencies, basics in wound care and referral protocols to higher health facilities. Orthopedic consultations and treatment of local cases will also be part of the project. Participants will be

provided with basic first aid kits and splints. To make this project sustainable, the chapter plans to provide future enhancement trainings, as well. These will include proper cast care, recognition of deformities, congenital anomalies, clubfoot, dysplastic hips, Pott's disease and myelopathies. Tumor reporting and basic exercise regimens will also be included.

To bring about a significant impact throughout the country, the other

chapters, as well as, subspecialties are encouraged to follow suit and conduct similar projects in the near future. Fellows of the POA must come out from the comfort zone of the clinics and hospitals and extend their role in making the Universal Health Care a reality in the country.

**- Peter Quiaoit MD FOA
POA Trustee**



Philippine Board of Orthopaedics, Inc.

Diplomate Examination

Last July 9 to 10, 2022, we conducted our first face-to-face Diplomate examination since the pandemic. Part I (Written test) was held at St. Martin de Porres Bldg., University of Santo Tomas. There were 59 examinees, and 53 of them succeeded in the examination. Part II (oral examination) was conducted at HI-Eisai suites in Ayala, Makati City. Among the 59 eligible candidates, 57 successfully passed.

Below is our list of Diplomate Passers for 2022

- ALBARILLO, LOREN E. MD DPBO
- AQUINO, FEDERICO III P. MD DPBO
- ARANJUEZ, JAN KRISTIAN B. MD DPBO
- ARCENAS, ANDRE BERN V. MD DPBO
- BARTOLABAC, MARC F. MD DPBO
- BAUTISTA, ANTHONY LAWRENCE O. MD DPBO
- BULLECER, JOSEPH DAN C. MD DPBO
- BUSTOS, WARREN S. MD DPBO
- CAGULADA, ARNOLD JOSEPH P. MD DPBO
- CAINGLET, FILLE CLAUDINE N. MD DPBO
- CAYANAN, MARIA PAMELA ANN J. MD DPBO
- CHUA, JOHN RICARDO B. MD DPBO
- CO, JEFFERSON JAMES V. MD DPBO
- DELA PEÑA, RONALD A. MD DPBO
- DEL ROSARIO, PAULINE MELISSE S. MD DPBO
- ESCARDA, JOHN LOUIE E. MD DPBO
- FELIPE, JUAN FRANCO S. MD DPBO
- FERRER, JULIAN P. MD DPBO
- FONTANILLA, CHRISTIAN EMMANUEL M. MD DPBO
- GARCIA, RODOLFO III B. MD DPBO
- GARDUCE, VINCENT ELVIN T. MD DPBO
- GAVINO, SARAH OLIVIA J. MD DPBO
- GELLANGARIN, JOHN ALVIN B. MD DPBO
- GENUINO, KARISSA ARIELLE F. MD DPBO
- GO, JOHN REY T. MD DPBO
- HUNG, BILLY FRANCIS Y. MD DPBO
- HUSSIN, JASER H. MD DPBO
- JUCAL, ESHRE REI N. MD DPBO
- LAVARIAS III, GONZALO GABRIEL B. MD DPBO
- LIM, ERIK DUSTIN MD DPBO
- LIN, JOEY KUEISHENG MD DPBO
- LORENZO, PATRICK HENRY G. MD DPBO



Part I - Diplomate Exams: Written Examination - Our DE candidates



Part I - Diplomate Exams: Written Examination - After a whole day of being invigilators. Still with some energy left!



Part II - Diplomate Exams: Oral Examination - Drs. Coruña, Cadag and Arandia. Adult 1 Station



Part II - Diplomate Exams: Oral Examination - Drs. Condor, Gerochi & Gatchalian. Adult 2 Station



Part II - Diplomate Exams: Oral Examination - Drs. Belen, Leung, & Sarrosa. Trauma 1 Station

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Philippine Board of Orthopaedics, Inc.

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MADLAR, RINA THERESE R. MD DPBO
 MANAOIS, RALPH AUGUST S. MD DPBO
 MARAÑON, MARK ANGELO T. MD DPBO
 MATA, EMMANUEL ROY D. MD DPBO
 MILAN, EDMUND DANTES S. MD DPBO
 MONTALBAN, CATHERINE MARIE R. MD DPBO
 MONTEJO III, ALEJANDRO S. MD DPBO
 MORALES, JOSHUA MACIAS F. MD DPBO
 NABONG, MARCO PAOLO MD DPBO
 NAJARRO, RAMON MARIANO II MD DPBO
 OSTREA, ANGELO CARLO M. MD DPBO
 PADAO, ISSACHAR C. MD DPBO
 RAMOS, SOTERO III M. MD DPBO
 RARANG, GUADA GISELLE S. MD DPBO
 ROSALES, JOSH MATTHEW B. MD DPBO
 RUANTO, MARK ANTHONY MD DPBO
 SANTOS, CAMILLE ANN R. MD DPBO
 SEE, ERIKA PAULINA STEFANI H. MD DPBO
 SEMBRANO, LEONIL FERDINAND A. MD DPBO
 SIATAN, MIGUEL POCHOLO LUIS R. MD DPBO
 SOLANG, FRANCIS PEKDASEN M. MD DPBO
 TAGIMACRUZ, REINHARD V. MD DPBO
 TAN, ERVAN THIERRY A. MD DPBO
 TAN, TRISTAN MARVIN T. MD DPBO
 VICENTE, RALPH DENNIS A. MD DPBO



Part II - Diplomate Exams: Oral Examination - Drs. Pacheco, Dela Paz and Liwag, Trauma II Station



Part II - Diplomate Exams: Oral Examination - Drs. Paggao, Aguilar, & Dungca. Pedia Station



Part II - Diplomate Exams: Oral Examination - Drs. Catbagan, Grozman, & Arbatin. Spine Station



Part II - Diplomate Exams: Oral Examination - Drs. Jurilla, Espino-De Vera, & How. With our lovely Residents who volunteered for our demo patient. Sports Station

Among these passers, we have the following top ten performers.

MARAÑON, MARK ANGELO T. MD DPBO
 GARCIA, RODOLFO III B. MD DPBO
 DEL ROSARIO, PAULINE MELISSE S. MD DPBO
 SANTOS, CAMILLE ANN R. MD DPBO
 SOLANG, FRANCIS PEKDASEN M. MD DPBO
 ESCARDA, JOHN LOUIE E. MD DPBO
 GENUINO, KARISSA ARIELLE F. MD DPBO
 RAMOS, SOTERO III MD DPBO
 ARANJUEZ, JAN KRISTIAN B. MD DPBO
 HUNG, BILLY FRANCIS Y. MD DPBO

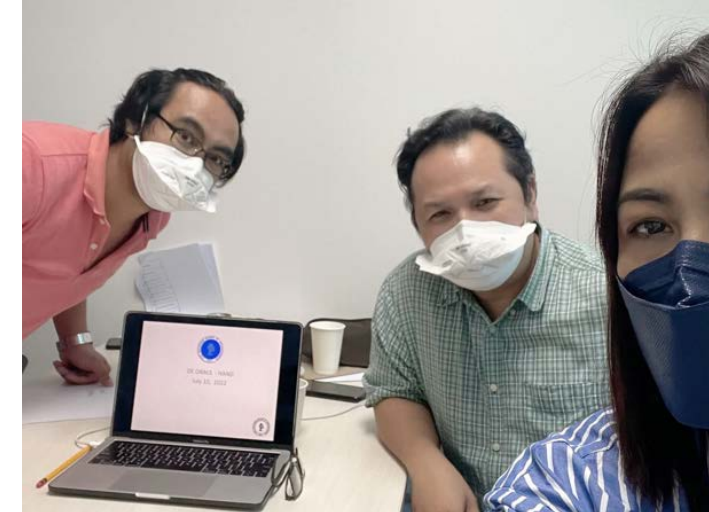
The Philippine Board of Orthopaedics, Inc. welcomes and congratulates these successful candidates.

God speed!

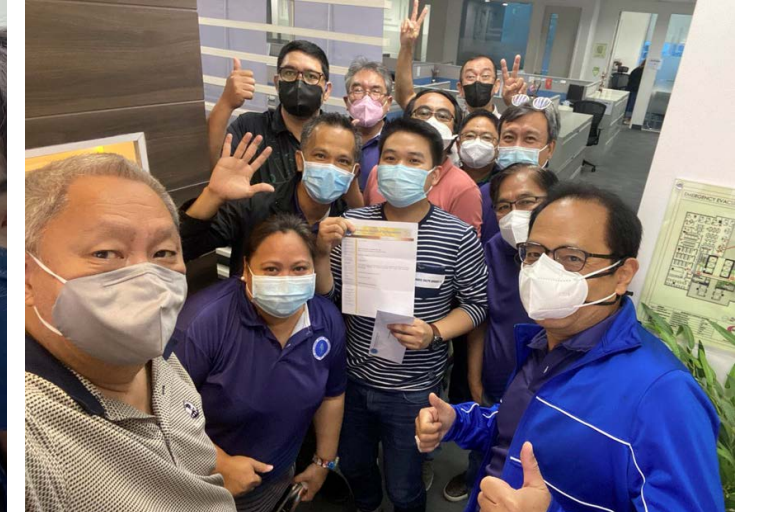
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Philippine Board of Orthopaedics, Inc.

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Part II - Diplomate Exams: Oral Examination - Drs. Bai, Estrella & Khu. One of the passers greeted by our panelists Hand Station



In-Training Examination

October 22, 2022, was the day all residents from all the training programs took their formative test for Levels 1-3 and summative test for the graduating residents. Unlike the Diplomate examination, the Board conducted the In-training examination in three testing centers. Two hundred twenty-six residents from NCR and Luzon took their exam at St. Martin de Porres Bldg., University of Santo Tomas, with the following invigilators: Dr. James Paggao, Dr. Julyn Aguilar, Dr. Richard Condor, Dr. Raphael Angelo Jurilla, and me. Seventy-five residents from Visayas (CHH, VSMMC, WVSU, WVSUMC, CLMMRH, SPMC) took their examination at the University of Cebu in Banilad, Cebu City, under the watch of Dr. Reynaldo Lopez, Dr. Lendell John Gatchalian, and Dr. Renier Gerochi Jr. with the help of 2 associate examiners - Dra. Claire Marie Durban-Mella and Dr. Pablo Ilano III. Eighteen examinees from NMMC likewise took their examination at the Xavier University, Ateneo De Cagayan Campus, Cagayan de Oro, under the watch of Dr. Geneva Khu, Dr. Jose Ma. Coruña, Dr. Edward Sarrosa and Dr. Adrian Catbagan.

There were minor unexpected glitches in Cebu, but nothing the Board of Trustees could not handle. Levels 1-3 examinees were percentile ranked while the qualifying examination is on a pass or fail basis. Out of the 109 QE takers, 76 successfully qualified.



NCR & Luzon Residents @ UST



Cebu Testing Center



Xavier, Ateneo De Cagayan Testing Center

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Accreditation

For 2022, re-accreditation visits for the existing twenty-three training programs were done virtually. However, accreditation of new applicants was done face-to-face. The new applicants were the University of Cebu Medical Center, Bicol Medical Center, Batangas Medical Center, Eastern Visayas Regional and Medical Center, and Region 1 Medical Center. All were given a provisional accreditation status.

2023

As we have almost traversed half of 2023, the PBO has also been full blast in performing its mandate face-to-face. The Board has formed a team of three trustees, including associate accreditors, to visit three programs per month. The Board started last February and will be finished by early July 2023. There have already been 12 training programs visited. Plans for the incoming resident in-training and diplomate examinations have also been laid out. We hope to have more improvements, innovations, and changes in the manual of residency training as we progress to the next half of this year. The Manual of Residency Training (Greenbook 5th edition) is to be aligned with the PBO's mission and vision and with our ASEAN neighbors' residency training curriculum.

**- Issagani Garin, MD, FPOA
PBO Chairman**



Region 1 Medical Center



Bicol Medical Center



University of Cebu Medical Center



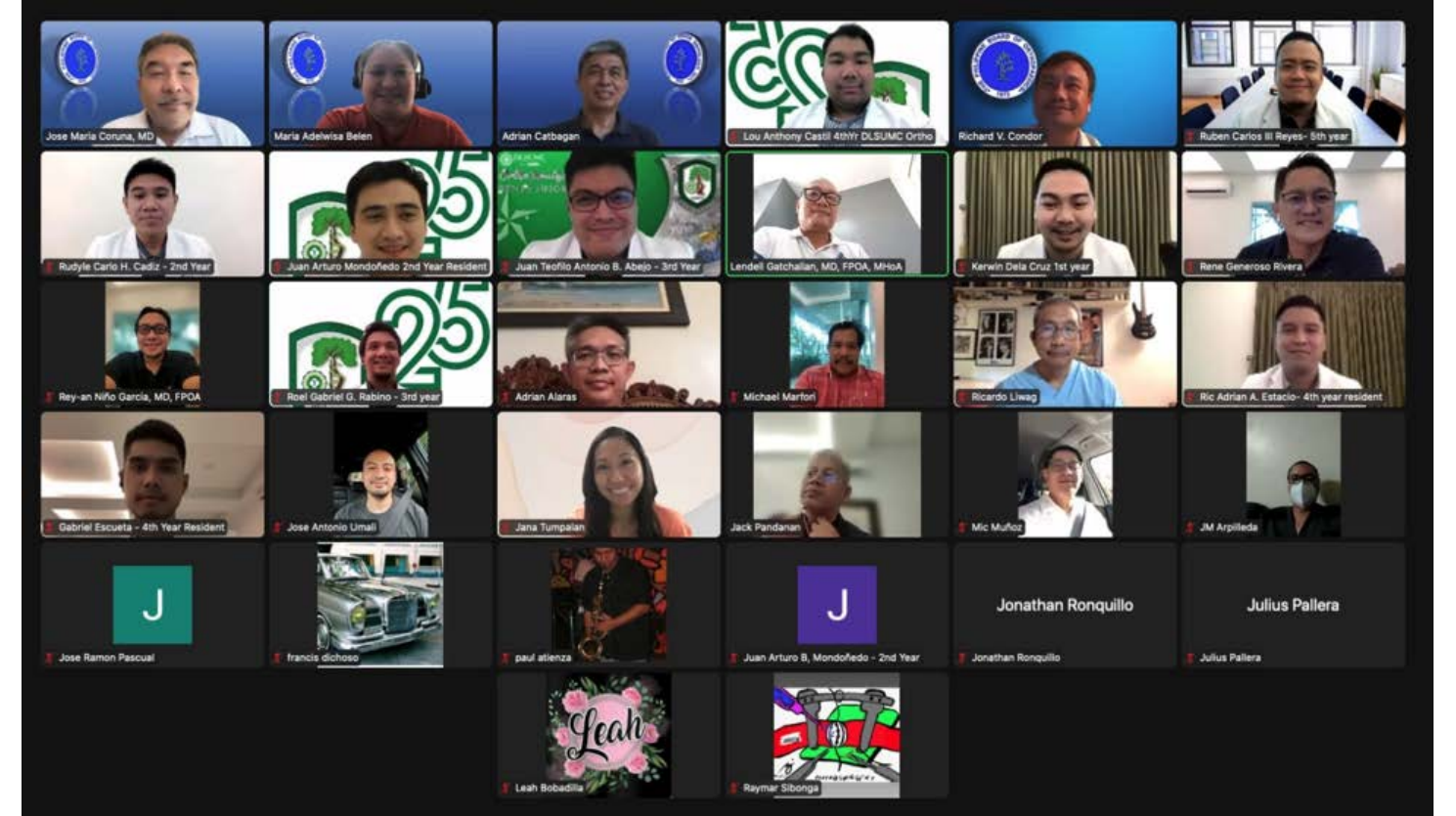
Batangas Medical Center



Eastern Visayas Regional and Medical Center

Philippine Board of Orthopaedics, Inc.

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Virtual Accreditation

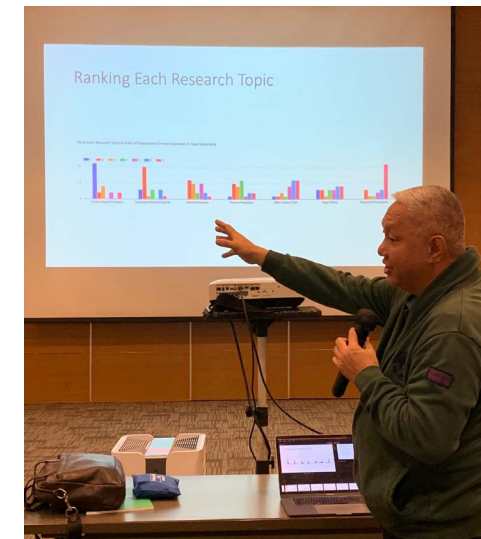
COrE Updates

"It takes a village to raise a child"
-Ubuntu

The Council for Orthopedic Education, firmly believes that the education of future orthopedic surgeons of the nation is OUR responsibility.

For this year, we have a more ambitious target to improve the State of Orthopedic Education in the country. This target has been defined by two basic concepts:

First, just as orthopedists are trained in their craft to be clinical specialists, orthopedic consultants in residency training programs must also be trained on how to be the best teachers/trainers they can be. Although skilled clinicians, teacher-training for orthopedic surgeons has remained inaccessible to most; limited to a few academic-affiliated institutions, or personal efforts of a few to specialize in



health education. This problem is made more acute by the addition of four new Orthopedic Training Programs across the country.

Secondly, although the Philippine Board of Orthopedics has, over the past several years, worked to level the playing field



through exam standardization, training of orthopedic residents across the country remains heterogenous. Training Programs situated in different types of hospitals, which cater to different types of patients. This applies to the didactic training of orthopedic residents as well,

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CORÉ Updates

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which across the nation, despite the best efforts of the PBO, remains uneven.

With the support of this year's PBO, headed by Dr. Gani Garin, and POA, headed by Dr. David Alagar, the Council has focused its activities towards addressing these through the following :

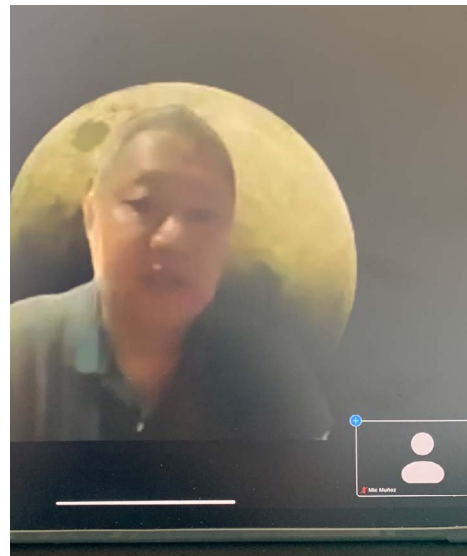
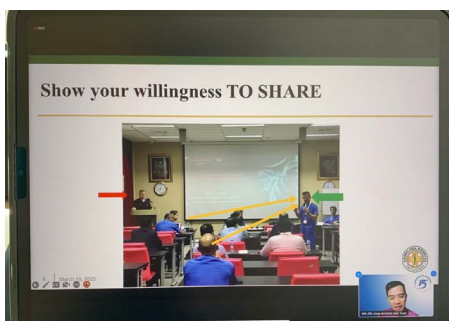
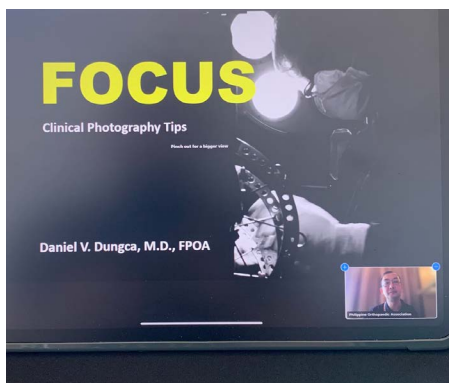
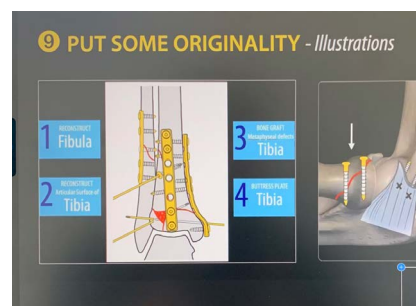
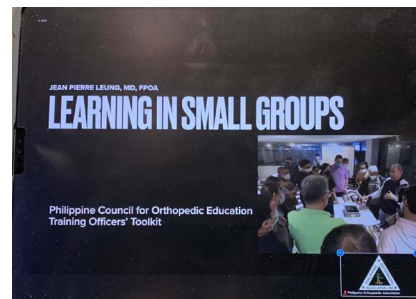
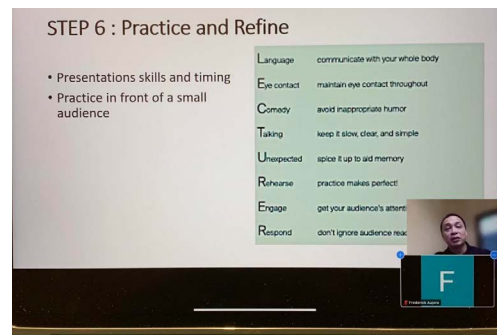
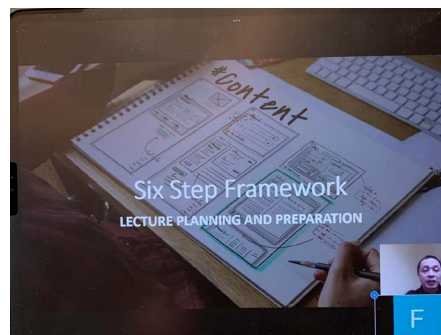
1. Establishing a "Training Officers Toolkit"

After conducting a needs assessment among training officers from the 28 training programs, we identified areas which the respondents felt would be of most use for them in carrying out their duties and responsibilities in training Orthopedic residents. These included topics broadly grouped into: 1) Teaching Skills, 2) Evaluation Skills, 3) Research Skills, and 4) Soft Skills including Mentorship, Gender Sensitivity, Intergenerational teaching.

We then identified CORE members and resource persons, who would carry out monthly sessions for the training staff of the different Orthopedic training programs.

Our first module was on lecturing and small group discussion skills, was headed by Dr. Danny Dungca and was conducted last March 18

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CORÉ Updates

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online, which was attended by over a hundred participants. The session included talks by Drs. Richie Diyco (Preparing for Lectures The AO Way), Tony San Juan (The Importance of Projection and Connecting with your Audience) Eman De La Paz (How to Prepare for your Talk), Danny Dungca (Focus on Clinical Pictures), Jofe Syquia (Making Anatomy and Biomechanics Fun and Interesting), JP Leung (Learning in Small Groups—When Smaller is Better), and Boi Coruña (What?! Boomer Teaching Tech Natives?!).

We are look forward that the second module, scheduled as a face-to-face event during the midyear, will be just as interesting. It will focus on teaching in the clinical environment, from patient assessment, to teaching casting

and surgical skills.

2. Starting a Common, PBO-approved, Basic Orthopedic Science Program for Residents

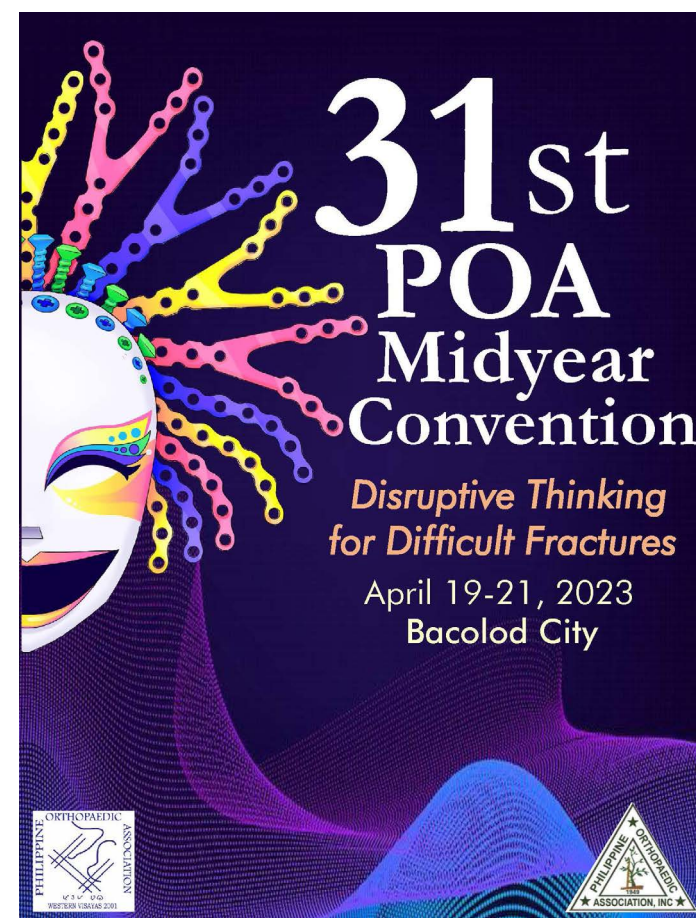
The CORE's second main activity for the year is targeted towards creating and conducting a Basic Orthopedic Science Course for Residents. In order to achieve this, we have tapped the cooperation and support of the POA's different subspecialty societies to cooperate in creating an orthopedic basic science curriculum based of the PBO Greenbook. Labelled as the "5 O'clock Friday Habit", we will be using the POA Online platform to have our young POA Fellows and Subspecialists actively giving lectures on selected basic science topics within their subspecialties. This will provide a standardized basic course accessible and free

for all training programs, and will also have the additional benefit of germinating new teachers from our young orthopods.

The CORE has already met twice with the societies and is presently preparing the material for the course, which is targeted to start by the end of April.

The African Principle of Ubuntu, which also loosely translates into the saying "I am because We are", is based on the shared responsibility within the tribe in the upbringing of the next generation. WE hope to be able to adopt this principle in OUR Orthopedic Community, as we strive to improve the state of Orthopedic education in the Country, for the Filipino people.

- Jean Pierre Leung, MD, FPOA



IMPORTANT DATES TO REMEMBER

- PBO Meeting with Training Programs – April 18
- Pelvis & Acetabulum Workshop – April 18 & 19
- Research and Innovations Contest – April 19
- Gold Tournament, Shooting Match, Basketball Tournament – April 19
- Opening Ceremony & Fellowship Night – April 19
- POA Business Meeting – April 19
- Wound Care Workshop – April 20



We are excited to announce that the 31st Midyear Convention of the Philippine Orthopaedic Association will be held in Bacolod this coming April 19-21, 2023!

Western Visayas, particularly Bacolod – and Negros Island, is known for its delicious food and wondrously sweet pastries. Little wonder why it has been given the recent moniker, “The Land of Sweet Promises”. While culturally younger than its neighbor, Panay, it nevertheless also boasts a rich historical and cultural heritage. Negros island also boasts of its white sand beaches in the south, as well as world class dive sites.



WORKSHOPS

LIMITED SLOTS!!!

Pelvis and Acetabulum Course
In partnership with Philippine Orthopaedic Trauma Society
April 18-19, 2023

Wound Care Workshop
In partnership with Philippine Orthopaedic Wound Care & Diabetic Limb Society
April 20, 2023

Please **Pre-Register** to join these Workshops. For inquiries, please contact our Secretariat at **09453849402**

FELLOWSHIP NIGHT
Venue: The RUINS



Nothing beats the awesome combination of a great place, great food, and great company. We hope to see you at the Fellowship Night. Attire is Casual.

3 ON 3 BASKETBALL TOURNAMENT

31st POA Midyear Convention Fungolf Tournament
Negros Occidental Golf and Country Club (Marapara)
April 19, 2023 6AM
No Entry Fees for Pre-Registered Delegates

31st POA Midyear Convention Basketball Tournament
Bacolod City
April 19, 2023
Registration is free



OPEN SHOOTING TOURNAMENT

Please **Pre-Register** to join these Sport Events. For inquiries, please contact our Secretariat at **09453849402**

31st POA Midyear Convention Open Funshoot
April 19, 2023
Bacolod City
Entry Fee Free for Pre-registered Delegates



Watch Teaser



PHILIPPINE ORTHOPAEDIC ASSOCIATION
Negros Panay Chapter Inc.



31st Philippine Orthopaedic Association Midyear Convention 2023
THEME: Disruptive Thinking for Difficult Fractures
April 19-21, 2023
SMX Convention Center, SM City Bacolod

| | Day 0 (April 18, 2023) | DAY 1 (April 19, 2023) | DAY 2 (APRIL 20, 2023) | DAY 3 (APRIL 21, 2023) |
|------|---|---|---|---|
| | | Officer of the Day: | Officer of the Day: | Officer of the Day: |
| | EARLY ARRIVAL OF DELEGATES, SPEAKERS, ORGANIZING COMMITTEE | | Welcome and Thoughts for the Day 8:30 (Moderator) | Welcome and Thoughts for the Day 8:00-8:10 AM |
| 700 | SETTING UP OF VENUE, REGISTRATION BOOTH, EXHIBIT BOOTHS, COMMAND CENTER | REGISTRATION BOOTH OPEN (REGISTRATION COMMITTEE SHOULD BE ON SITE AT 7 AM) | Plenary 1 Topic: Open Fractures of the Hand Sp: Raymar Sibonga, MD P1 (8:40-9:00 AM) | Plenary 3 Topic: Elbow Fractures Speaker: Nathaniel S. Orillaza, MD P1 (8:10-8:30 AM) |
| 800 | | | | |
| 900 | | GOLF TOURNAMENT, Basketball 3-on-3, Shooting Game | Question and Answer (9:20-9:40 AM) Moderator: Mylo Soriaso, MD | Topic: Foot and Ankle Fractures Sp: Ronald Allan G. Malahito, MD P3 (8:50-9:10AM) |
| 1000 | | PELVIS AND ACETABULUM COURSE (ILC) 8:00-12:00 | SNACK SYMPOSIUM TBA (09:40-10:00 AM) Moderator: Danilo Olegario, MD | Q&A (9:10-9:30 AM) Moderator: Juan Agustin Coruña IV, MD |
| | | RESIDENTS' RESEARCH FORUM / FREE PAPER PRESENTATION / RESIDENTS' INNOVATION CONTEST 9:00-12:00 | Basic Wound Course (ILC) (Allied Health Professionals) | Key Note Address: The thinking surgeon, developing an innovative mind-set Speaker: Ramon Gustilo, MD P4 (9:40-10:20 AM) Moderator: Gladys Tan, MD |
| | | | | SNACK SYMPOSIUM (10:20-10:50 AM) Moderator: John Paolo Sanchez, MD |

| | | | | | |
|------|--|--|--|---|--|
| 1100 | Pelvis and Acetabulum Course (8:00-12:00) | | | Plenary 2 Topic: Induced Membrane Bone Growth Sp: Michael Thomas T. Gonzales, MD, FPOA P3(10:10-10:30 AM) | Plenary 4 Topic: Pathologic Fractures Speaker: Karla Teresa S. Araneta, MD, FPOA P5 (10:50-11:10AM) |
| | | | | Topic: Ilizarov Technique Speaker: Danny Dungca, MD, FPOA (San Fernando, Pampanga) P4 (10:30-10:50 AM) | Topic: Periprosthetic Fractures Speaker: Gregorio Marcelo S. Azores, MD, FPOA P6 (11:10-11:30 AM) |
| 1200 | | | | Key Note Speaker online Topic: Speaker: P5 (10:50-11:10 AM) | Topic: Fragility Fractures Speaker: Irewin A. Tabu, MD, FPOA P7 (11:30-11:50 AM) |
| | | | | Question and Answer (11:10-11:30) Moderator: Renier Gerochi, Jr., MD, FPOA | Question and Answer Moderator: Raoul Cañonero, MD, FPOA |
| 1300 | | | | Topic: Negros Food Speaker: Mr. Raymond A. Bayot P6 (11:30 - 12:00) Moderator: Daryl Aplon, MD, FPOA | LUNCH SYMPOSIUM (12:10 - 1:10PM) Moderator: Raymundo Quimpo, MD |
| | | | | LUNCH SYMPOSIUM / Welcome Fiesta (12:00-1:00 PM) Moderator: | LUNCH SYMPOSIUM (12:30 - 1:30 PM) Moderator: Christian Casamayor |
| 1400 | PBO Training Program Meeting 1:00-5:00 PM | | | OPENING CEREMONY KEYNOTE SPEECH: Maria Minerva P. Calimag, MD RIBBON CUTTING TO OPEN EXHIBIT BOOTHS | CLOSING AND AWARDING CEREMONIES 1:30 - 3:30 PM |
| | | | | POA Business Meeting 2:00 - 4:00 PM | RAFFLE |
| 1500 | | | | GASTRONOMIC, CULTURAL AND ECO TOURS | WRAP UP MEETING WITH ORGANIZING COMMITTEE (5:00-6:00 PM) |
| | | | | ALUMNI/CHAPTER NIGHT (25 venues at least) POC 100+ PGH 80+ | |
| 1600 | | | | Basic and Advance Wound Course (ILC) (SIMUL TANEIOUS < for Ortho>) | WRAP UP MEETING WITH ORGANIZING COMMITTEE (6:00-7:00 PM) |
| | | | | WRAP UP MEETING WITH ORGANIZING COMMITTEE (5:00-6:00 PM) | |
| 1700 | POA Board Meeting 4:00-8:00 pm | | | ALUMNI/CHAPTER NIGHT (25 venues at least) POC 100+ PGH 80+ | WRAP UP MEETING WITH ORGANIZING COMMITTEE (6:00-7:00 PM) |
| | | | | WRAP UP MEETING WITH ORGANIZING COMMITTEE (5:00-6:00 PM) | |
| 1800 | | | | ALUMNI/CHAPTER NIGHT (25 venues at least) POC 100+ PGH 80+ | WRAP UP MEETING WITH ORGANIZING COMMITTEE (6:00-7:00 PM) |
| | | | | WRAP UP MEETING WITH ORGANIZING COMMITTEE (5:00-6:00 PM) | |
| 1900 | | | | ALUMNI/CHAPTER NIGHT (25 venues at least) POC 100+ PGH 80+ | WRAP UP MEETING WITH ORGANIZING COMMITTEE (6:00-7:00 PM) |
| | | | | WRAP UP MEETING WITH ORGANIZING COMMITTEE (5:00-6:00 PM) | |
| 2000 | | | | | |

POA Chapters

POA South Luzon Chapter Activities



POASL Officers' Regular Monthly Meetings

The officers regularly meet face-to-face in Alabang, Muntinlupa in between the chapter's quarterly meetings to evaluate past activities and plans for the future ones. POASL is currently preparing for next year's POA midyear convention.



POASL Midyear Organizing Committee revisits Puerto Princesa City March 14-15, 2023

As mentioned, the South Luzon Chapter will be hosting POA's 32nd midyear convention scheduled in April 11-13, 2024 at Puerto Princesa City, Palawan.



The organizing committee sent an ocular inspection team to check for potential convention/fellowship/sports venues and accommodations of the delegates in the country's so-called "Eco-Tourism Center."

POA Chapters

POA South Luzon Chapter Activities

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From Left: Dr. Chubbers Lopez, Dr. Lendell Gatchalian, Dr. Naldz Favila, Dr. Bogie Anatalio, Dr. Rey-an Garcia and Dr. Ayie Sandoval at the Puerto Princesa International Airport.

The ocular inspection team consisted of Dr. Ramon Anatalio III (chapter president), Dr. Lendell John Gatchalian (vice-president), Dr. Roberto Gabriel Lopez (secretary), Dr. Ariel Sandoval (treasurer) and Dr. Rey-an Niño Garcia (trustee). They were welcomed and accompanied by Dr. Arnaldo Favila, Jr., a local fellow in Puerto Princesa, who pre-arranged the team's itinerary, accommodation and transportation.

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Citystate Asturias Hotel Palawan



Aziza Paradise Hotel



Hue Hotel



Costa Palawan



Princesa Garden Island

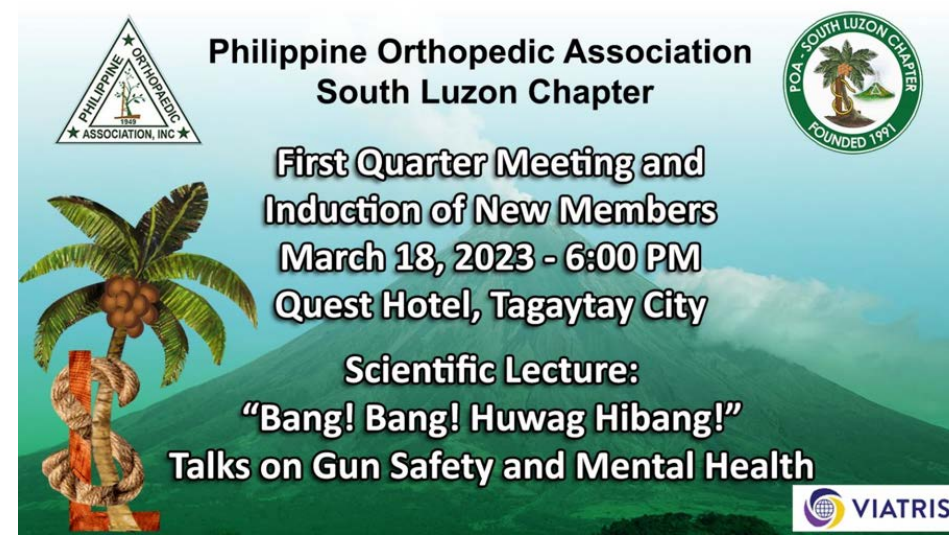


Ivy Wall Hotel

POA Chapters

POA South Luzon Chapter Activities

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POASL went "back to normal" during the chapter's first quarter meeting for the year 2023 by having pure face-to-face meeting and induction ceremonies.



The event was hosted by the chapter's dynamic scientific officer, Dr. Michael Muñoz



Dr. Marcelino Cadag, the chapter PRO, talked about basic gun safety, and Dr. Jon Edward Jurilla (Psychiatrist), timely talked about mental health among physicians.



The talks were preceded by an industry-sponsored scientific lecture (dinner symposium) on a multi-modal approach in the management of osteoarthritis post-COVID pandemic by Dr. Angeline-Therese Santiago (Rheumatologist).

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POA Chapters POA South Luzon Chapter Activities

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After the scientific meeting and talks, the new members were inducted by the chapter president, Dr. Bogie Anatalio. Six new members took their oath.

During the business meeting, the chapter's financial status was reported by Dr. Sandoval. It was presided by Dr. Anatalio, who also delivered his president's report. Membership matters including qualifications were discussed by Dr. Lopez.

The event was officially closed by Dr. Gatchalian. Jamming with a live band and fellowship followed.



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POA Chapters POA South Luzon Chapter Activities

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POA Chapters

POA South Luzon Chapter Activities

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The Participants: A total of 70 fellows were in attendance with their families accommodated. It was achieved through the persistent efforts of the officers, support from the sponsors and active participation and cooperation of its members.

SULONG, SOUTH LUZON!
 - Rey-an Niño L. Garcia, MD, FPOA
 POA-SLC Trustee

Subspecialty Societies: PMTS

Bone Tumors 101: Back to Basics

It was an evening of learning and joyous reunion as the Philippine Musculoskeletal Tumor Society presented a lecture series entitled Bone Tumors 101: Back to Basics. The initiative was spearheaded by the ASEAN Orthopedic Association (AOA) in cooperation with the Philippine Orthopedic Association (POA) and the Philippine Musculoskeletal Tumor Society (PMTS) as part of its orthopedic collaboration with various national orthopedic associations. The activity was held last January 28, 2023 at Marco Polo, Ortigas, with more than 200 online participants and a lively crew of Orthopedic Oncologists at the venue. This endeavor was made possible with the untiring support of our sponsors - Zuellig Pharmaceuticals and Amgen Philippines.

PMTS is one with the AOA and POA in promoting educational activities and collaboration among its member societies including Brunei Darussalam, Cambodia, Indonesia, Malaysia, Myanmar, Singapore, Thailand, and Vietnam. The topics in the program were carefully curated to ensure that emphasis was given to basic tumor knowledge that could be useful to both tumorspecialistsandgeneralorthopods. It hinged on the belief that through awareness and early recognition, referrals can be appropriately coursed through specialists and that early diagnosis and prompt treatment can be instituted. Hence, affording patients the best outcome possible; Plus, entreating young colleagues to the field of musculoskeletal tumor surgery is always a bonus!

The virtual participants, both locally and throughout the ASEAN, were welcomed by our dynamic POA President, Dr. David Alagar. Afterward, a series of lectures was delivered by our very own Orthopedic Oncologists, representing various regions of the Philippines. The program was facilitated by yours truly, Dr. Marjorie Sierra, Orthopedic Oncologist from Mariano Marcos Memorial Hospital & Medical Center



(Batac, Ilocos Norte).
 tissue tumors. Lastly, Dr. Jasson Louie Arcinue, Orthopedic Oncologist from Jose B. Lingad Memorial Hospital (Pampanga), discussed the analytic approach to bone tumors. It was indeed a productive night beautifully capped by the words of our dear PMTS President, Dr. Jeanne Bertol.

The program was top-billed by a case presentation on Ewing Sarcoma entitled Brewing a sound crew, for a fighter age two, versus round and blue as presented by Dr. Mary Rose Gonzales, a Fellow of the University of the Philippines – Philippine General Hospital (Manila). It was followed by a comprehensive lecture on history taking and physical examination discussed by Dr. Ali Pentaliday, a Fellow of the Philippine Orthopedic Center (Quezon City). The radiologic approach to bone tumors was lectured live by Dr. Karla Teresa Araneta, an Orthopedic Oncologist from Western Visayas Medical Center (Iloilo). Following the discussion on diagnostic imaging, Dr. Ken Aeson Barsales, an Orthopedic Oncologist from De La Salle University Medical Center (Cavite), elucidated on the principles of musculoskeletal tumor biopsy. Dr. Jose Jasper Andal, Pathologist from the Philippine Orthopedic Center, then shared his expertise on the basics of pathologic diagnoses of bone and soft

The knowledge has been imparted. The hope of the society is that residents will use the knowledge to build on their armamentarium in the evaluation and diagnosis of tumor patients. Additionally, true to the spirit of bukoleros and bukoleras of the PMTS, the night ended with a bottle (or two) of (non) alcoholic beverage(s) shared among a sound crew of those fighting round and blue!
 For an encore of the program and further information on where to find your friendly Orthopedic Oncologist, please do visit our website at msktumorph.org.
 - Marjorie B Sierra, MD, FPOA

Subspecialty Societies: AHSP Spaghetti Anyone?

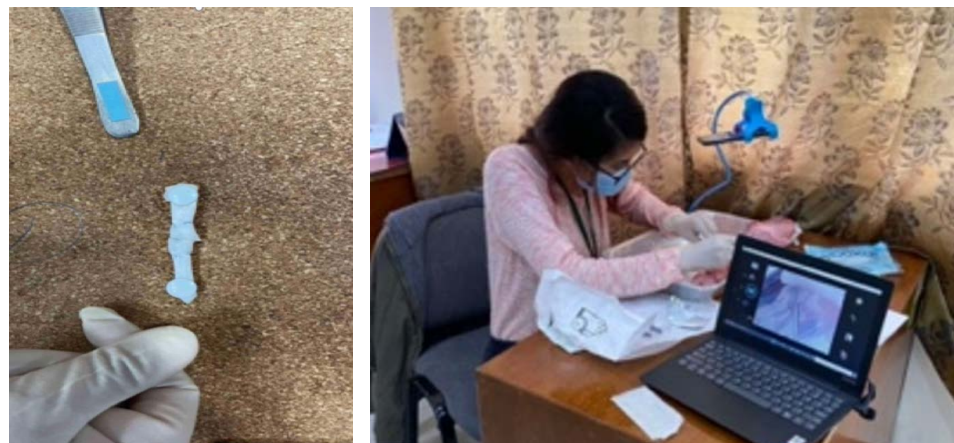
A patient coming in with deep lacerations on the forearm and a limp hand would point to a tendon injury coupled with possible nerve and vessel transections; This type of hand injury is a common scenario in emergency rooms. "Spaghetti cases" as we fondly call them, is what every resident, at least once in their training, is sure to encounter. Daunting nonetheless, being ready to take on this challenge requires training early on.

Tendon repairs are best done fresh and early if possible. The consequences of delayed tendon repair include contractures, scarring, shortening, and fibrosis to name a few. As part of our skills training for our residents, the members of the Association of Hand Surgeons of the Philippines (AHSP) from POC, PGH, EAMC, SLMC, BMC and BGH conduct tendon repair workshops throughout the year conducted both onsite and online.

We develop the skills of our residents through innovative means of simulating tendon injury using various sources of tendon specimens. BGH and SLMC use pig leg tendon, while POC, BMC, EAMC, PGH use chicken feet tendon and shoe string to simulate the small tendons of the FDP's and FDS's. Depending on availability, PGH utilizes cadavers for their workshops as well.

Tendon repair workshops start with a lecture on tendon anatomy and physiology (healing/repair); This is followed by a lecture on tendon repair techniques using 4 core and running epitendinous suturing and post operative rehabilitation protocols. A video presentation showing the actual simulated repair is presented prior to their hands on training.

The set up for most institutions would comprise of your basic soft tissue set, gloves, and simulated tendon. (Some institutions would go much further by



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Subspecialty Societies: AHSP Spaghetti Anyone?

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making an innovative construction of a viewing unit to prevent overcrowding, allowing the consultants to see every bit of action, and allowing the guidance of each step.

The use of external fixators, selfie sticks connected to their laptops as monitors allows the overseeing of their progress. Their repairs are then evaluated after each completed tendon suturing.

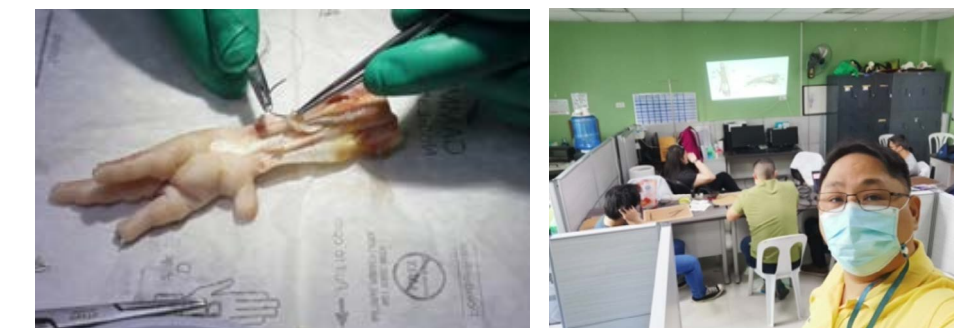
It is important to stress the importance of no gapping, minimal bunching, spacing of their suture bites and proper end to end repair of the tendon.

A good strong gliding tendon repair is what makes the difference in the restoration of good functional motion. All these can be done from the comforts of one's home as well.

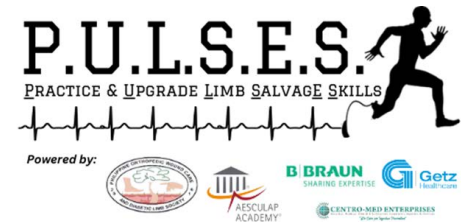
A happy post-op patient earns one a SPAGHETTI MEAL.

Special thanks to BGH, POC, PGH, SLMC, EAMC, BMC for sharing their images.

- Eugenio Brito, MD, FPOA



Subspecialty Societies: POWCDLS Advanced Wound Care for All



Change is a constant element in our practice.

The way we do symposia and meetings have been modified. The method on how we heed to our patient's medical problems have evolved. The approach on how we do surgery through minimally invasive techniques have transformed the landscape of surgery; and so as for wound care, with its ever-changing dynamics on how to treat acute and chronic wounds.

The Philippine Orthopedic Wound Care and Diabetic Limb Society (POWCDLS) will proudly launch "Practice & Upgrade Limb Salvage Skills (PULSES)." It is a brainchild of the POWCDLS's founding and past presidents, and will be implemented by its current officers. This wound care caravan will aim to impart knowledge about the basics on wound care for both acute and chronic wounds. It will also tackle the different advanced wound care products in the market and its practical application on patients. The participants will be able to learn fundamental information from the lectures and experiences of orthopedic surgeons in the morning session. The attendees will be given time to do hands-on exercises on wound care and the use of the different wound care instruments in the second part of the activity.

PULSES would not be possible without the enthusiastic support of the different wound care companies namely Centromed (Medela), Getz Pharma, and BBraun through Aesculap Academy.

The East Avenue Medical Center (EAMC) and Philippine Orthopedic Center (POC) were the first hospitals



1st Test Run of P.U.L.S.E.S. at East Avenue Medical Center held on November 19, 2022



2nd Test Run of P.U.L.S.E.S. at Philippine Orthopedic Center held last February 25, 2023

to have a dry-run of this project last November 19, 2022 and February 25, 2023 respectively. During the event, all materials for the hands-on workshop were provided by the companies. The participants were able to use all the products and ask about their indications.

This year-long program will kick-off during the 31st Philippine Orthopedic Association Midyear Convention in Bacolod on April 20, 2023 at 1:00 PM. Starting on May 2023, a total of four runs will be held, which will target to bring knowledge on wound care in different regions of the country.

- **Roberto Gabriel L. Lopez MD, FPOA**

Subspecialty Societies: PShS Rubbing Shoulders with...

First and foremost, the Philippine Shoulder Society would like to congratulate Western Visayas, for hosting the 31st Philippine Orthopaedic Association Midyear Convention. In an electronic atmosphere of virtual conferences in the past few years, everyone is now ready to rub shoulders and elbows with our colleagues and friends.

The Philippine Shoulder Society together with the POA, flew to greater heights most recently for the 22nd Asia-Pacific Orthopaedic Association Congress. In 2022, despite the limitations to travel, members of the Shoulder Society maintained their presence with academic works and publications that carried on for 2023. We commend the following who have done their share of publishing their works with colleagues to improve our understanding of orthopaedics and in teaching:

1. Restoration of glenoid joint line: A three-dimensional analysis of scapular landmarks

Co-author: Kristine Italia

Journal of Shoulder and Elbow International

Feb. 2023, <https://doi.org/10.1016/j.jseint.2023.01.012>

2. Comparison of faculty and student evaluations of the hybrid teaching of orthopedics during the COVID-19 pandemic.

Co-author - Patrick Dizon

Philippine Journal of Health Research and Development

RTL-UPM Issue 2023 vol.27 Suppl. 1, S1-S8

3. Single-stage revision reverse shoulder arthroplasty: preoperative planning, surgical technique, and

mixed reality execution

Main-author: Kristine Italia

Journal of Clinical Medicine (October 2022)

<https://doi.org/10.3390/jcm11247422>

4. Synthetic polytetrafluoroethylene (PTFE) patches for irreparable rotator cuff tears - How are they doing at 5 years?

Co-author - Jana Tumpalan

Journal of Shoulder and Elbow Surgery (29 September 2022)

<https://doi.org/10.1016/j.jse.2022.08.016>

5. Frozen Shoulder

Co-author - Jonathan C. Ronquillo

Nature Reviews Disease Primers 8, 60 (08 September 2022)

<https://doi.org/10.1038/s41572-022-00394-2>

The society's presence is well represented in international bodies by the president of the Philippine Shoulder Society, as a newly appointed scientific committee member for shoulder specialty in the Hand and Upper Limb Society of the Asia-Pacific Orthopaedic Association, and as a Board Member for the Asian Shoulder and Elbow Society.

With Dr. Janos Vizcayno leading the way, the Society launched its first activity for 2023 with our first quarterly meeting on March 1, 2023. Drs. Earl Desquitado and John Rey Go from Chong Hua Hospital, and Dr. Kyle Sia from University of Cebu presented interesting cases, followed by discussions made productive with the participation of our specialist members. The second quarterly meeting will be something to look forward to under the society's PRO, Dr. JC Paredes. This will be a chance to take part in a regular

meeting with colleagues physically - our first, since the pandemic.

Being committed teachers and mentors, our society joined / joins the POA CORE with our educational committee members: Drs. Kristine Italia, Jana Tumpalan and Janos Vizcayno.

As restrictions to travel have eased, so will our society shoulder on...

We join the 30th Anniversary of the Korean Shoulder and Elbow Society with two papers for presentation from 1 March 2023 - 1 April 2023, namely: Combined Medialized Footprint and Biceps Rerouting for a Massive Cuff Tear by Dr. Roel Rabino - a resident from De La Salle University Medical Center, and Interpositional Patch Graft Using TFL for Massive Cuff Tears without Arthritis by Dr. Jonathan Ronquillo.

Upcoming activities for the year with society members actively rubbing shoulders (and elbows) with fellow colleagues and among giants are as follows:

1. Orthopaedic teaching activities during the UST week on 11-12 May 2023.

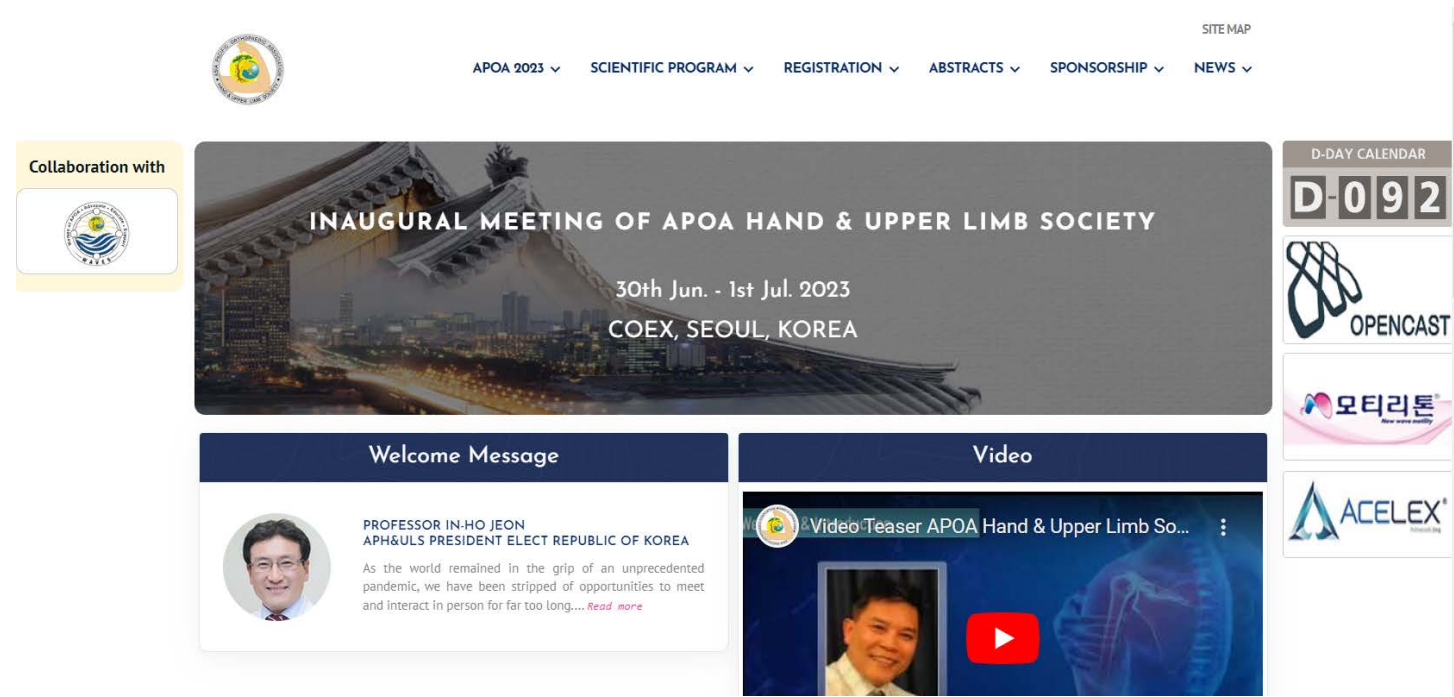
- Under the orthopedic chair of UST and past president of the Philippine Shoulder Society, Dr. Alberto Molano, this will be another hands-on activity.

2. Inaugural meeting of the APOA - Hand and Upper Limb Society from 30 June 2023 - 1 July 2023 at the COEX Grand Ballroom in Seoul, Korea.

- Under the leadership of president elect for the APOA - HUL, Prof. In-Ho Jeon, the meeting will offer academic discussions on the updates for injuries of the upper extremity including the hand, elbow and shoulders. Novel and innovative technologies will be presented,

Subspecialty Societies Rubbing Shoulders with...

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including regenerative medicine, digital healthcare and robotic surgery. Day 2 of the meeting also involves hands-on workshops.

- The society president will be leading delegates from the Philippines as a scientific committee member for shoulder specialty, and as a speaker during the event.

3. 15th International Congress of Shoulder and Elbow Surgery from 5-8 September 2023 to be held at the Rome Cavalieri Waldorf Astoria Hotel

- World experts in the field of shoulder and elbow surgery will share their knowledge, research and experience in the event.

- Our current and immediate past presidents of the society will carry our flag during the Asian Shoulder and Elbow specialty day, as well as a lecture and report to be presented by the PShS president.

4. Pre-Congress cadaveric lab workshop on 13 - 14 November 2023

- Profs. Joo Han Oh and Bancha Chernchujit will supervise this yearly activity in UST, under the untiring

leadership of UST Orthopaedics chair, Dr. Alberto Molano.

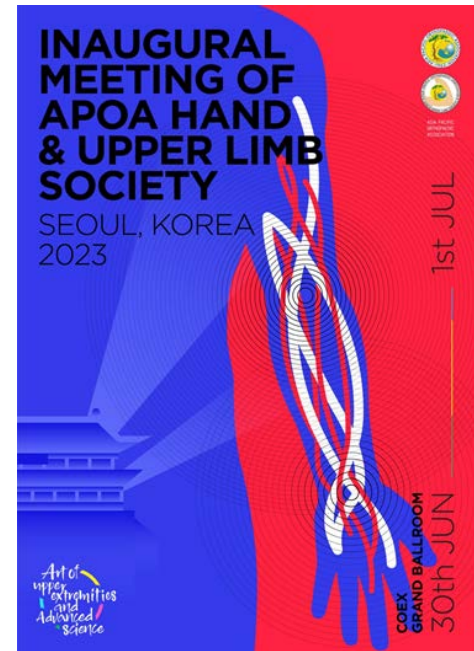
5. 74th Congress of the Philippine Orthopaedic Association from 15 - 18 November 2023: Attuned To and At Par with Global Advances at EDSA Shangri-La

- The forthcoming congress will showcase evidence-based crossfires on common shoulder maladies that include SLAP and cuff lesions, dislocations and proximal humerus fractures, which the society officers have already conceived to enlighten attendees on present controversies of each topic.

- Instructional Course Lectures have also been organized on shoulder injections, both landmark-based and ultrasound-guided techniques. To reinforce the understanding of each participant, a hands-on workshop follows the lecture on both techniques.

As times ahead get busy, we shoulder on...

The Philippine Shoulder Society will continue to support the Philippine



Orthopaedic Association with all their endeavors, as we try to keep ourselves relevant in the region and in the global community. And soon, an accredited fellowship training program led by officers and members of the society, looms in the horizon...

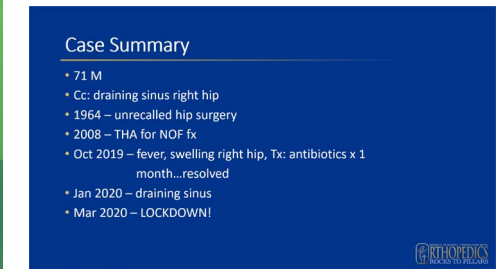
- Jonathan C. Ronquillo, MD, FPOA PShS President

Subspecialty Societies: PHKS When sh*t hits the fan... Keep Calm and Carry On

to encourage more interaction between members of the PHKS.

- Nilo Paner, MD, FPOA PHKS President

We are now looking forward to our next episode...



Last March 2, 2023, the Philippine Hip and Knee Society (PHKS) held the first episode of the series: "When sh*t hits the fan... Keep Calm and Carry On". This was held at Manong's Grill, Filinvest City, Alabang. This is a series of discussions on intra-operative complications and how we were able to remedy it. The event was a hybrid meeting. The PHKS officers and some members were onsite, while other attendees were online via Zoom. A hip case was presented and there was a panel of reactors composed of: Dr Bong Guloy, Dr Allan Raymundo, and Dr Jello Ochoa. It was truly a fruitful learning event with a lot of exchange of ideas and opinions.

The concept of this series of discussions on intra-operative complications, is the brainchild of Dr Peter Bernardo. This series has replaced our regular journal clubs, which were held in the past. The goal of this activity is not only learning (from our mistakes), but also



Annual Philippine Orthopedic Center Alumni Postgraduate Course

The Philippine Orthopedic Center Alumni Association held its annual alumni postgraduate course titled: "POC AT THE CROSSROADS: Rekindling the Past to Blaze into the Future" last February 25, 2023, Saturday, at the Joy Nostalg Hotel & Suites Manila. The whole day event consisted of morning lectures and an advanced wound care workshops in the afternoon, followed by dinner and drinks at the hotel rooftop bar.



The event launched two annual lecture series, the first being the POC Legacy Lecture Series, as a platform for the senior POC alumni to share their wisdom and experiences on several topics related to orthopedics to the younger generation of residents and alumni. POC alumni luminaries such as Dr. Rafael Claudio shared his personal



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POC at the Crossroads:
Rekindling the Past to Blaze into the Future

February 25, 2023 | 9:00 am – 4:00 pm
Joy Nostalg Hotel & Suites Manila
(7 ADB Ave, Ortigas Center (Topaz Road Entrance) - 1600 - Pasig, Metro Manila)

HIGHLIGHTS

- Legacy lectures from the trailblazers of Philippine Orthopedics
- New comers showcase
- Workshop on the Latest Innovations of Wound Care

Annual Philippine Orthopedic Center...

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outlook on Orthopedic Oncology and social development, Dr. Noel Carilo talked about his extensive experience in surgical management of Transolecranon fractures with terrible triad, while Dr. Miles Dela Rosa detailed his experience and memories of starting AO Trauma Education in the Philippines.



The second annually occurring lecture series is the POC Newcomer's Showcase, which served as an opportunity for the younger POC Alumni to share their learnings and early works in their respective fields of subspecialty, as well as provide updates in technology, principles, and techniques. Newly minted specialists included Dr. Abi Tud (Musculoskeletal Tumors), Dr. Michael Gonzales (Foot & Ankle Surgery), Dr. Angelo Nerit (Sports Medicine and Arthroscopy), Dr. Ian Magtoto (Hand and Microvascular Surgery), Dr. Ian Barrido (Adult Reconstruction), and Dr. Karlo Dadufalza (Endoscopic Spine Surgery).



The afternoon session was helmed by the collaboration of the Philippine Orthopedic Wound Care and Diabetic Limb Society, and HILOM Wound Care Clinic, in cooperation with BBraun Medical Supplies. Salient

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Annual Philippine Orthopedic Center...

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topics on wound care were delivered by Dr. Charles Cabuquit, Dr. Lendell Gatchalian, Dr. Jerome Asuncion, Dr. Ariel Sandoval, and Dr. Roberto Lopez, which included Synthesis and Evaluation of Wounds, Wound Healing Physiology, T.I.M.E. Concept & Biofilm, Treatment of Chronic Wounds, Advanced Wound Dressings, and a skills station and demonstration booth of the latest technology in wound care.

- **Rafael Angelo Jurilla, MD, FPOA**

Wound Workshop
Heal with T.I.M.E
A workshop on Advanced Wound Management

DR. CHARLES CABUQUIT: From old to new: An overview of wound care concept
 DR. LINDELL GATCHALIAN: Wound Healing Physiology
 DR. JAY ASUNCION: Acute vs. Chronic
 DR. ARIEL SANDOVAL: Advanced Wound Dressings
 DR. ROBERTO LOPEZ: Total Concept of Advanced Wound Management: In Summary



The 22nd Ilizarov Sawbone and Cadaveric Workshop

After a three-year hiatus due to the pandemic, the Ilizarov Limb Fixation and Reconstruction Service of the Department of Orthopedics UP-PGH and the ASAMI (Association for the Study and Application of the Methods of Ilizarov) Philippines held the 22nd Ilizarov Sawbone and Cadaveric Workshop last February 4-5, 2023, at the Philippine General Hospital.

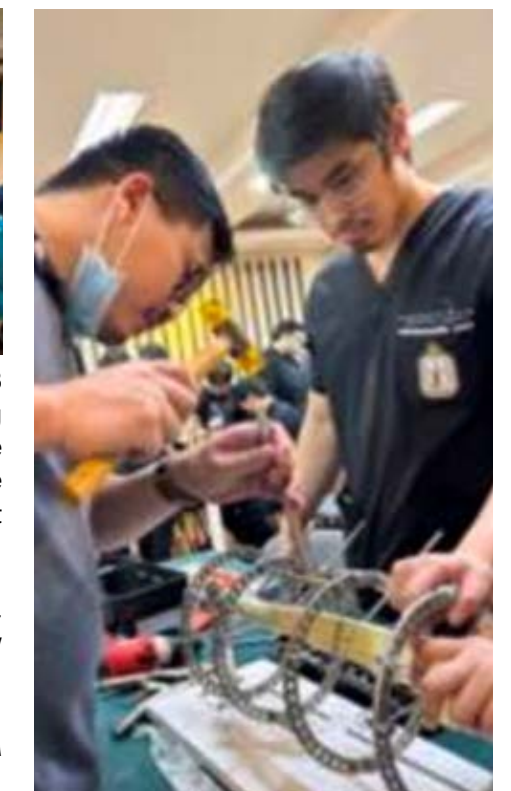
Among the course faculty were eight ASAMI Philippines members, namely Dr. Daniel Dungca (current President), Dr. Juanito Javier (past President), Dr. Gracia Cielo Balce (Vice-President), Dr. Jay Pascual (Treasurer), Dr. Rosalyn Flores (Liaison Officer), Dr. Chastity Amor Rejuso-Morales (Secretary), Dr. Frederick Patrick Nicomedez, and Dr. Jose Mari Gerald Arpilleda.

Both days were well attended, with 53 attendees for the sawbone workshop, and 32 attendees for the cadaveric workshop.

The lectures covered the basics of external fixation and distraction osteogenesis, which led to the indications, preoperative planning, application, corticotomies, removal, and pearls and pitfalls.

The sawbone workshop used polyurethane artificial tibias manufactured by the Ilizarov Limb Fixation and Reconstruction Service, Department of Orthopedics, Philippine General Hospital. Attendees for Day 1 were divided into groups of 4-5 for each tibia. There were 12 tibia stations. All groups were able to apply their constructs, perform their corticotomies, simulate bone transport, and remove the constructs properly.

The cadaveric workshop utilized 6 soft silent mentors (Thiel cadavers). Attendees for Day 2 were divided into



groups of 5-6 per silent mentor. 2-3 attendees worked per side, alternating in application on the femur and the tibia. All groups were able to experience applying the constructs with the soft tissues obscuring the bone.

This two-day workshop was co-sponsored by DBK and KMW enterprises.

- **Gracia Cielo Balce, MD, FPOA**

Give the Gift of Walking through Steps2Walk: A Joint Program of POFAS and DLSUMC

Neuromuscular and bony defects of the foot have been a big burden for families who just want their children to walk normally. Expensive operations have been the biggest hindrance for people who wish to have corrective surgery, especially in developing countries such as ours. But through the cooperation of generous foundations, different hospitals and societies, these dreams will become a reality for many underprivileged patients.

The Philippine Orthopedic Foot and Ankle Society (POFAS) and the De La Salle University Medical Center (DLSUMC) Department of Orthopedics, will graciously host the Steps2Walk in the Philippines. This international non-profit organization aims to perform surgical care of disabling foot and ankle deformities in underserved regions of the world, while simultaneously educating orthopedic surgeons in various treatment alternatives. This group believes that surgeon education will ultimately translate into helping thousands of people worldwide. To lead this endeavor will be Dr. Mark S. Myerson MD, FAAOS, who is the founder of the organization. Dr. Myerson is the latest recipient of the 2023 AAOS Humanitarian Award for International Work through the Steps2Walk program. He will be assisted by Dr. Thomas P. San Giovanni, MD (USA), Dr. Henryk Liszka (Poland), and Dr. Manos Stomatidis (Greece) during the five-day program.

From October 16 to 20, 2023, the Steps2Walk program will be giving lectures, live pre-operative examination

of patients, live surgeries, and a possible cadaveric workshop to end this prestigious event. This paid activity will be held in De La Salle University Medical Center located in Dasmarinas City, Cavite. The live surgery will be broadcasted in a spacious hall where participants will be able to interact

with the surgeons and ask pertinent questions about the procedure. Attendees will also be able to learn from the masters of foot and ankle surgery during lectures in a comfortable auditorium set-up.

- Roberto Gabriel L. Lopez MD, FPOA

Steps Walk

Philippines
16th-20th Oct, 2023

Foot and Ankle Training & Surgery
De La Salle University Healthy Science Institute

Chair
Dr. Mark Myerson
President & Founder, Steps2Walk

Host
Dr. Roberto Gabriel Lopez

Faculty
Dr. Tom SanGiovanni (USA)
Dr. Henryk Liszka (Poland)
Dr. Manos Stomatidis (Greece)

Related Links (Click the picture to see the link)

45th RCOST - 43rd ASEAN OA
Guest Nation : Australia
BEYOND THE HORIZON
ABOVE THE LIMIT

October 20-22, 2023
Royal Cliff Hotel, Pattaya, Thailand

2023 Asia Pacific Arthroplasty Society ASM

We are excited to announce the Asia Pacific Arthroplasty Society Meeting is to be held **21-23 August 2023, Cebu Philippines.**

Registration and abstract submission is now open.

Hope to see you in the Philippines.

Bharat Mody & Rami Sorial
APAS President & Scientific Chair

When: 21-23 August 2023
Where: Shangri-La, Cebu, Philippines

Register

THE PHILIPPINE SPINE SOCIETY
AND THE
VETERANS MEMORIAL MEDICAL CENTER
DEPARTMENT OF ORTHOPEDIC SURGERY

8th LIVE TISSUE COURSE:
PREVENTION & MANAGEMENT
OF COMPLICATIONS OF
SPINAL ACCESS SURGERY

AUGUST 26, 2023
SATURDAY 8 AM - 5 PM
VALDEZ HALL - VMMC NORTH AVENUE, QUEZON CITY

7 YEARS

Visit us at
<https://www.poacongress2023.org/>

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Secretariat Staff: Eden Ladrica
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Philippine Orthopaedic Association
74th Congress

At Par and Attuned
with Global Advances

Manila



combined with
**ASEAN Arthroplasty Association
15th Annual Meeting**

November 15-18, 2023
EDSA Shangri-la Hotel
Philippines



More details coming soon!

For future references, regularly visit our website

<https://www.orthophil.org/>